INSTRUCTIONS FOR PATIENTS WITH TOTAL KNEE JOINT REPLACEMENT

We bring back joy to movement. This is not just an empty slogan. Anyone who has experienced how unpleasant joint pain can be, over time making virtually all movement impossible, will be happy to have this proven to them. Following the replacement of the knee joint and a relatively short rehabilitation period, movement returns, and with it the joy of movement.

Modern medicine makes the treatment of even severe degenerative diseases of various joints, including knee joints, possible today. Their total replacement means that patients can again appreciate the joy of a life without pain. These replacements can serve their purpose for many years without any more significant problems.

The patient needs to be aware that this is just a “joint replacement”, not the creation of a healthy new joint! So they must always bear in mind that the lifespan of this replacement also depends on the strain placed on it (the more and equally unreasonably an artificial joint is strained, the shorter its lifespan).

As a manufacturer and supplier of joint replacements with long-term experience, we would like to present you with some recommendations that will help you make decisions with respect to how to place strain on an implant. These recommendations are generally valid and apply to all types of knee joint replacements. Of course, patients must follow the instructions of their attending doctor in these cases.

Solution for Your Damaged Knee Joint
Conservative treatment is no longer effective in a patient with a diseased knee joint going through advanced degenerative changes. Therefore, total knee joint replacement surgery is necessary. Such surgery is a standard procedure at all orthopaedic departments, and normally does not last longer than 90 minutes. The patient can already begin to exercise by way of walking on the second day after surgery, obviously with relieved strain, and in six months the patient can return to a fully active life. What is important is that, immediately after surgery, the patient follows all of the instructions given by the surgeon. Once discharged from hospital, the patient must take care to relieve strain on the limb that has been operated on – this means refraining from taking even one step without crutches. The limb can only take the full strain of normal walking once the surgeon gives the go-ahead.

Even in later years, an endoprosthesis can fail. The material can become subject to wear and tear, indicated by increased pain. However, the most common cause of failure of an endoprosthesis is the loosening thereof caused by strain, mostly due to excessive body weight. The most serious complication is infection of the endoprosthesis. Therefore, special care is required to treat each and every infectious disease.

Rehabilitation after Total Endoprosthesis of Knee Joint
The aim of rehabilitation is to enable the patient to return to everyday life as quickly as possible with a joint that functions properly and without pain.

Check-ups by Orthopaedic Surgeon:
The operating surgeon performs regular check-ups, which include X-ray scans, once the patient is discharged into home treatment. This is followed by gradually increasing strain on the limb that has been operated on. Normally, check-ups by the operating surgeon begin soon after the patient is discharged into home care, and then continue at regular intervals. Annual checks are appropriate. Spa treatment is possible in order to improve the extent of mobility, muscular strength, exercising both on an exercise bike and in the swimming pool. (1)

---


Recommended Literature:
Recommended Rehabilitation and Normal Lifestyle:

- Flat, firm bed, with one pillow under the head
- Spend every free moment exercising the limb that has been operated on: stretching and bending the knee, strengthening the muscles and calf, lifting the stretched limb
- Exercise several times a day by bending the limb that has been operated on, actively and passively with the help of the heel of the healthy limb
- Comfortable soft footwear, elastic sole, with the heel no higher than 3 cm
- Continue to relieve strain on the limb that has been operated on with the help of 2 elbow crutches for the time prescribed by the doctor
- Not strain the knee that has been operated on by standing for too long
- Not strain the knee through excessively long walks
- If pain begins, sit and relax the knee
- Maintain a reasonable body weight, or reduce weight
- When sitting, place the feet evenly and further apart from one another, preventing the knees from turning
- Avoid heavy physical exertion
- Following heightened strain from walking or exercising, it is good to cool the knee for 1–2 hours, either by applying ice compresses or special gel packs
- Go for regular checks to the orthopaedic surgeon/your attendance at regular checks is essential

Not Recommended:

- Squats, kneeling, lifting heavy weights standing up
- Hiking
- Ball games

!! Important Warning: Any time your body contracts an infection, you need to see a doctor!!